

Hot Fun in the Summer Time



It's Hot Outside

As outside temperatures rise, so does the risk for heat related illnesses. It is important to know how to prevent and treat heat stress.



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What is Heat Stress?



- ▶ Heat stress occurs when the body is unable to cool itself by sweating. Heat-induced illness such as heat cramps, heat rash, heat exhaustion and heat stroke can occur.
- ▶ Heat Cramps-painful, brief muscle cramps
- ▶ Heat Rash-red or pink rash usually found on body areas covered by clothing
- ▶ Heat Exhaustion- heavy sweating, rapid heart rate
- ▶ Heat Stroke- most serious form of heat injury and considered a medical emergency



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Heat Cramps and Heat Rash

► Heat Cramps

- Occurs during exercise or work in a hot environment.
- Involve muscles that are fatigued by heavy work-calves, thighs and shoulders.
- Caused by an electrolyte imbalance.
- Muscles become painful and sore.

Treatment: Stop all exercise, carefully stretch the muscles, drink cool water or an electrolyte beverage that is low in sugar.

► Heat Rash

- Develops when the sweat ducts become blocked and swell.
- May appear as dots or tiny pimples, can be irritated by clothing or scratching

Treatment: Remove any wet clothing, shower and let skin air dry, avoid oil-based lotions



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Heat Exhaustion

- ▶ Exposure to high temperatures accompanied by dehydration.
- ▶ Confusion, dizziness, fatigue, headache, pale skin, profuse sweating and repaid heartbeat.
- ▶ 2 types:
 - ▶ Water Depletion- excessive thirst, weakness, muscle cramps and dizziness
 - ▶ Salt Depletion- nausea and vomiting, muscle cramps, dizziness
- ▶ Without proper intervention, heat exhaustion can progress to heat stroke

Treatment: Remove yourself or others from the heat, apply cool compresses or take a cool shower. Drink cool water or electrolyte beverage low in sugar, rest.



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Heat Stroke

- ▶ Results from prolonged exposure to high temperature, usually in combination with dehydration.
- ▶ Most serious form of heat injury, considered a medical emergency.
- ▶ Potential for death or damage to the brain or other internal organs.
- ▶ Throbbing headache, dizziness, light-headedness, lack of sweating despite the heat, red, hot and dry skin, nausea, vomiting, muscle cramps and weakness, rapid heartbeat-may be strong or weak, rapid shallow breathing, confusion, staggering, seizures and unconsciousness.

Treatment: Call 911, remove person from the heat, remove clothing and fan the person, apply ice packs at the armpit, groin, neck or back. If able place the person in cool shower or ice bath.

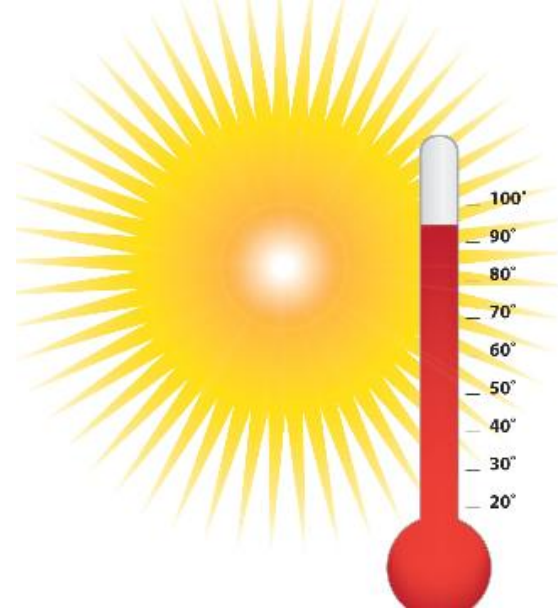


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Heat Stress is Preventable

- ▶ Wear loose fitting, lightweight clothing.
- ▶ Protect against sunburn.
- ▶ Drink plenty of fluids.
- ▶ Take extra precautions with certain medications.
- ▶ Never leave anyone in a parked car.
- ▶ Take it easy during the hottest parts of the day.
- ▶ Be cautious if you're at increased risk.



Remember, it is easier to prevent heat illness than to treat it once symptoms develop.